

Prova 2
25-01-2020

Masc., 400m Livres

Absoluto
Resultados

S6	5:18.61	VIDEIRA Daniel Carlos	POR	Londres (GBR)	09-09-2019
S7	5:31.30	VIDEIRA Daniel Carlos	GESL	Povoa de Varzim	12-05-2018
S8	5:02.78	LINHARES Ruben Daniel	FVCD	Oeiras	11-05-2019
S9	4:21.94	GRACHAT David Realista	POR	Londres (GBR)	04-09-2012
S10	4:24.87	GONCALVES Emanuel Luis	CDN	Coimbra	10-06-2011
S11	5:07.23	MENESES Marco Ribeiro	CRASTO	Oeiras	11-05-2019
S12	59:00.00	start			
S13	4:31.26	ENCARNACAO Vitor Hugo	POR	Eindhoven (NED)	10-08-2014
S14	5:27.72	RIBEIRO Pedro Miguel	POR	Loano (ITA)	10-06-2016
S15	4:29.40	CRUZ Miguel Duarte	CFB	Funchal	03-08-2019
S16	59:00.00	start			
S17	6:22.85	BRANCO Miguel Paiva	APPDAC	Oeiras	11-05-2019
S21	5:59.96	ALMEIDA Andre Reis	SCP	Oeiras	11-05-2019

S6 Esp S6: 9:25.40; Sen S6: 9:14.31 / S7 Esp S7: 8:42.71; Sen S7: 8:32.46 / S8 Esp S8: 8:14.57; Sen S8: 8:04.88 / S9 Esp S9: 6:40.77; Sen S9: 6:32.91 / S10 Esp S10: 6:37.80; Sen S10: 6:30.00 / S11 Esp S11: 9:02.02; Sen S11: 8:51.39 / S12 Esp S12: 8:41.73; Sen S12: 8:31.50 / S13 Sen S13: 6:46.89; Esp S13: 6:55.03 / S113 Esp S113: 6:55.03; Sen S113: 6:46.89 / S14 Esp S14: 8:21.41; Sen S14: 8:11.58 / S114 Esp S114: 8:21.41; Sen S114: 8:11.58 / S15 Sen S15: 5:35.00 / S16 Esp S16: 8:21.41; Sen S16: 8:11.58 / S17 Esp S17: 8:21.41; Sen S17: 8:11.58 / S21 Esp S21: 9:36.24; Sen S21: 9:24.95

Pontos: KNZB 2018 + Para

Lugar	Nome do nadador	Ano	Classe	Cod Exc	Clube	Tempo final	IPC	Pts
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Classe S6-S14-Absolutos

1.	GRACHAT David Realista	87	S9	1,3,5	Geslours	4:28.49	807	9,00
	<i>Minimos MQS JO Para Swim</i>							
	50m: 30.10 30.10	150m: 1:37.29 34.20	250m: 2:45.47 34.07	350m: 3:53.92 34.27				
	100m: 1:03.09 32.99	200m: 2:11.40 34.11	300m: 3:19.65 34.18	400m: 4:28.49 34.57				
2.	VIDEIRA Daniel Carlos	92	S6	3,5,12+	Geslours	5:26.27	783	9,00
	<i>Minimos MQS JO Para Swim</i>							
	50m: 37.18 37.18	150m: 1:59.76 41.81	250m: 3:22.99 41.74	350m: 4:46.38 41.67				
	100m: 1:17.95 40.77	200m: 2:41.25 41.49	300m: 4:04.71 41.72	400m: 5:26.27 39.89				
3.	MENESES Marco Ribeiro	01	S11	T	O Crasto	5:02.55	701	9,00
	<i>Minimos MQS JO Para Swim</i>							
	50m: 32.83 32.83	150m: 1:48.31 38.08	250m: 3:05.59 38.33	350m: 4:24.06 39.27				
	100m: 1:10.23 37.40	200m: 2:27.26 38.95	300m: 3:44.79 39.20	400m: 5:02.55 38.49				
4.	LINHARES Ruben Daniel	97	S8	3,5,12+	Rio Maior	5:04.20	622	9,00
	50m: 34.17 34.17	150m: 1:49.76 38.25	250m: 3:06.83 38.71	350m: 4:25.10 39.13				
	100m: 1:11.51 37.34	200m: 2:28.12 38.36	300m: 3:45.97 39.14	400m: 5:04.20 39.10				
5.	SOARES Ricardo Aderneira	99	S8	3,5,12+	Geslours	5:10.47	586	7,00
	50m: 36.04 36.04	150m: 1:53.44 39.08	250m: 3:11.90 39.27	350m: 4:31.44 39.98				
	100m: 1:14.36 38.32	200m: 2:32.63 39.19	300m: 3:51.46 39.56	400m: 5:10.47 39.03				
6.	CORDEIRO Tomas Coelho	04	S10	12+	Fluvial Portuense	4:49.44	554	9,00
	50m: 32.34 32.34	150m: 1:46.19 37.12	250m: 3:00.01 36.58	350m: 4:13.49 36.37				
	100m: 1:09.07 36.73	200m: 2:23.43 37.24	300m: 3:37.12 37.11	400m: 4:49.44 35.95				
7.	CASTANHEIRA Rodolfo Francisco	01	S8	9	Geslours	5:30.60	485	6,00
	50m: 35.12 35.12	150m: 1:55.15 40.54	250m: 3:20.57 41.97	350m: 4:48.12 43.41				
	100m: 1:14.61 39.49	200m: 2:38.60 43.45	300m: 4:04.71 44.14	400m: 5:30.60 42.48				
8.	REIS Bruno Ferreira	00	S8	12+	Porto	5:34.01	470	5,00
	50m: 36.70 36.70	150m: 1:58.98 41.95	250m: 3:24.27 42.13	350m: 4:51.06 43.11				
	100m: 1:17.03 40.33	200m: 2:42.14 43.16	300m: 4:07.95 43.68	400m: 5:34.01 42.95				

Prova 2, Masc., 400m Livres, Classe S6-S14-Absolutos

Lugar	Nome do nadador	Ano	Classe	Cod	Exc	Clube	Tempo final	IPC	Pts
9.	RIBEIRO Pedro Miguel	91	S14			Gondomar	5:36.82	427	9,00
	50m: 34.69 34.69	150m: 1:56.71	42.38	250m: 3:24.55	43.69	350m: 4:52.69	44.13		
	100m: 1:14.33 39.64	200m: 2:40.86	44.15	300m: 4:08.56	44.01	400m: 5:36.82	44.13		
10.	PATRICIO Rodrigo Oliveira	05	S14			Feira Viva	5:58.07	355	9,00
	50m: 39.58 39.58	150m: 2:10.94	46.33	250m: 3:43.45	46.31	350m: 5:16.47	46.08		
	100m: 1:24.61 45.03	200m: 2:57.14	46.20	300m: 4:30.39	46.94	400m: 5:58.07	41.60		
11.	ROCHA Simao Pedro	06	S14			Aquatico Pacense	6:32.60	270	7,00
	50m: 42.00 42.00	150m: 2:20.29	50.23	250m: 4:02.28	50.64	350m: 5:44.83	51.07		
	100m: 1:30.06 48.06	200m: 3:11.64	51.35	300m: 4:53.76	51.48	400m: 6:32.60	47.77		
12.	OLIVEIRA Antonio Pedro	03	S10	12+		Porto	6:34.41	219	-
	50m: 38.39 38.39	150m: 2:13.07	49.32	250m: 3:56.97	52.60	350m: 5:43.76	54.26		
	100m: 1:23.75 45.36	200m: 3:04.37	51.30	300m: 4:49.50	52.53	400m: 6:34.41	50.65		
13.	ALVES Nuno Diogo	88	S7	A 12+		Gondomar	8:02.12	201	9,00
	50m: 52.50 52.50	150m: 2:54.32	1:01.37	250m: 4:56.79	1:01.38	350m: 7:02.88	1:03.48		
	100m: 1:52.95 1:00.45	200m: 3:55.41	1:01.09	300m: 5:59.40	1:02.61	400m: 8:02.12	59.24		

Classe S15 (Auditiva)-Absolutos

1.	CRUZ Miguel Duarte	99	S15	H		Belenenses	4:37.04	633	9,00
	50m: 30.48 30.48	150m: 1:39.87	35.15	250m: 2:50.40	34.96	350m: 4:01.53	35.76		
	100m: 1:04.72 34.24	200m: 2:15.44	35.57	300m: 3:25.77	35.37	400m: 4:37.04	35.51		

Classe S16-Absolutos

1.	JORGE Andre Camara	90	S16			Escola O Liceu	5:18.51		9,00
	<i>Rec Nac Classe S16</i>								
	50m: 33.32 33.32	150m: 1:53.02	40.91	250m: 3:16.22	40.97	350m: 4:39.57	41.92		
	100m: 1:12.11 38.79	200m: 2:35.25	42.23	300m: 3:57.65	41.43	400m: 5:18.51	38.94		

Classe S17-Absolutos

1.	BRANCO Miguel Paiva	97	S17	A		APPDACA Coimbra	6:24.76		9,00
	50m: 40.32 40.32	150m: 2:14.20	48.94	250m: 3:55.15	51.56	350m: 5:38.04	52.40		
	100m: 1:25.26 44.94	200m: 3:03.59	49.39	300m: 4:45.64	50.49	400m: 6:24.76	46.72		
	SILVA Bruno Miguel	93	S17			Porto	7:52.85		9,00
	50m: 49.45 49.45	150m: 2:46.04	59.61	250m: 4:48.63	1:02.33	350m: 6:52.55	1:02.17		
	100m: 1:46.43 56.98	200m: 3:46.30	1:00.26	300m: 5:50.38	1:01.75	400m: 7:52.85	1:00.30		

Classe S21 (SDown)-Absolutos

1.	ALMEIDA Andre Reis	00	S21			Sporting	6:16.61		9,00
	50m: 36.43 36.43	150m: 2:10.67	49.22	250m: 3:49.55	48.75	350m: 5:27.70	46.68		
	100m: 1:21.45 45.02	200m: 3:00.80	50.13	300m: 4:41.02	51.47	400m: 6:16.61	48.91		
	RIBEIRO Jose Augusto	92	S21			Gondomar	6:28.20		9,00
	50m: 40.94 40.94	150m: 2:17.52	49.97	250m: 3:57.03	49.48	350m: 5:38.42	50.86		
	100m: 1:27.55 46.61	200m: 3:07.55	50.03	300m: 4:47.56	50.53	400m: 6:28.20	49.78		

Prova 2, Masc., 400m Livres, Classe S21 (SDown)-Absolutos

Lugar	Nome do nadador	Ano	Classe	Cod Exc	Clube	Tempo final	IPC	Pts
1.	MONTES Francisco Pessanha	02	S21		ADADA Porto	7:00.43		9,00
	50m: 43.10 43.10	150m: 2:28.46	54.01	250m: 4:18.27	54.75	350m: 6:07.40	54.61	
	100m: 1:34.45 51.35	200m: 3:23.52	55.06	300m: 5:12.79	54.52	400m: 7:00.43	53.03	
	VICENTE Francisco Jose	99	S21		Sporting	7:12.74		9,00
	50m: 42.75 42.75	150m: 2:28.09	55.22	250m: 4:18.75	56.93	350m: 6:14.95	59.68	
	100m: 1:32.87 50.12	200m: 3:21.82	53.73	300m: 5:15.27	56.52	400m: 7:12.74	57.79	
	PEREIRA Joel Alexandre	92	S21		APC Coimbra	8:03.02		9,00
	50m: 50.64 50.64	150m: 2:55.95	1:04.62	250m: 5:00.13	1:02.13	350m: 7:04.99	1:02.00	
	100m: 1:51.33 1:00.69	200m: 3:58.00	1:02.05	300m: 6:02.99	1:02.86	400m: 8:03.02	58.03	
	GONCALVES Hugo Bernardo	96	S21		Porto	8:40.08		9,00
	50m: 49.81 49.81	150m: 2:56.23	1:06.13	250m: 5:09.23	1:09.18	350m: 7:35.72	1:23.70	
	100m: 1:50.10 1:00.29	200m: 4:00.05	1:03.82	300m: 6:12.02	1:02.79	400m: 8:40.08	1:04.36	
DSQ	SANTOS Diogo Filipe	91	S21		Feira Viva			-
	3.1.6 - Falsa partida							

Classe S6-Seniores

1.	VIDEIRA Daniel Carlos	92	S6	3,5,12+	Geslours	5:26.27	783	9,00
	Minimos MQS JO Para Swim							
	50m: 37.18 37.18	150m: 1:59.76	41.81	250m: 3:22.99	41.74	350m: 4:46.38	41.67	
	100m: 1:17.95 40.77	200m: 2:41.25	41.49	300m: 4:04.71	41.72	400m: 5:26.27	39.89	

Classe S7-Seniores

1.	ALVES Nuno Diogo	88	S7	A 12+	Gondomar	8:02.12	201	9,00
	50m: 52.50 52.50	150m: 2:54.32	1:01.37	250m: 4:56.79	1:01.38	350m: 7:02.88	1:03.48	
	100m: 1:52.95 1:00.45	200m: 3:55.41	1:01.09	300m: 5:59.40	1:02.61	400m: 8:02.12	59.24	

Classe S8-Seniores

1.	LINHARES Ruben Daniel	97	S8	3,5,12+	Rio Maior	5:04.20	622	9,00
	50m: 34.17 34.17	150m: 1:49.76	38.25	250m: 3:06.83	38.71	350m: 4:25.10	39.13	
	100m: 1:11.51 37.34	200m: 2:28.12	38.36	300m: 3:45.97	39.14	400m: 5:04.20	39.10	
2.	SOARES Ricardo Aderneira	99	S8	3,5,12+	Geslours	5:10.47	586	7,00
	50m: 36.04 36.04	150m: 1:53.44	39.08	250m: 3:11.90	39.27	350m: 4:31.44	39.98	
	100m: 1:14.36 38.32	200m: 2:32.63	39.19	300m: 3:51.46	39.56	400m: 5:10.47	39.03	
3.	CASTANHEIRA Rodolfo Francisco	01	S8	9	Geslours	5:30.60	485	6,00
	50m: 35.12 35.12	150m: 1:55.15	40.54	250m: 3:20.57	41.97	350m: 4:48.12	43.41	
	100m: 1:14.61 39.49	200m: 2:38.60	43.45	300m: 4:04.71	44.14	400m: 5:30.60	42.48	
4.	REIS Bruno Ferreira	00	S8	12+	Porto	5:34.01	470	5,00
	50m: 36.70 36.70	150m: 1:58.98	41.95	250m: 3:24.27	42.13	350m: 4:51.06	43.11	
	100m: 1:17.03 40.33	200m: 2:42.14	43.16	300m: 4:07.95	43.68	400m: 5:34.01	42.95	

Classe S9-Seniores

1.	GRACHAT David Realista	87	S9	1,3,5	Geslours	4:28.49	807	9,00
	Minimos MQS JO Para Swim							
	50m: 30.10 30.10	150m: 1:37.29	34.20	250m: 2:45.47	34.07	350m: 3:53.92	34.27	
	100m: 1:03.09 32.99	200m: 2:11.40	34.11	300m: 3:19.65	34.18	400m: 4:28.49	34.57	

Prova 2, Masc., 400m Livres

Classe S10-Esperanças

1. CORDEIRO Tomas Coelho	04	S10	12+	Fluvial Portuense	4:49.44	554	9,00
50m: 32.34 32.34	150m: 1:46.19	37.12	250m: 3:00.01	36.58	350m: 4:13.49	36.37	
100m: 1:09.07 36.73	200m: 2:23.43	37.24	300m: 3:37.12	37.11	400m: 4:49.44	35.95	

Classe S10-Seniores

1. OLIVEIRA Antonio Pedro	03	S10	12+	Porto	6:34.41	219	-
50m: 38.39 38.39	150m: 2:13.07	49.32	250m: 3:56.97	52.60	350m: 5:43.76	54.26	
100m: 1:23.75 45.36	200m: 3:04.37	51.30	300m: 4:49.50	52.53	400m: 6:34.41	50.65	

Classe S110-Seniores

1. ASSUNCAO Luis Miguel	01	S110		Porto	5:36.21		9,00
50m: 36.19 36.19	150m: 2:00.38	42.98	250m: 3:26.89	43.72	350m: 4:54.89	43.86	
100m: 1:17.40 41.21	200m: 2:43.17	42.79	300m: 4:11.03	44.14	400m: 5:36.21	41.32	

DNS MARQUES Filipe Alexandre	88	S110	12+	Individual ANL			-
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Classe S11-Seniores

1. MENESES Marco Ribeiro	01	S11	T	O Crasto	5:02.55	701	9,00
<i>Minimos MQS JO Para Swim</i>							
50m: 32.83 32.83	150m: 1:48.31	38.08	250m: 3:05.59	38.33	350m: 4:24.06	39.27	
100m: 1:10.23 37.40	200m: 2:27.26	38.95	300m: 3:44.79	39.20	400m: 5:02.55	38.49	

Classe S14-Esperanças

1. PATRICIO Rodrigo Oliveira	05	S14		Feira Viva	5:58.07	355	9,00
50m: 39.58 39.58	150m: 2:10.94	46.33	250m: 3:43.45	46.31	350m: 5:16.47	46.08	
100m: 1:24.61 45.03	200m: 2:57.14	46.20	300m: 4:30.39	46.94	400m: 5:58.07	41.60	
2. ROCHA Simao Pedro	06	S14		Aquatico Pacense	6:32.60	270	7,00
50m: 42.00 42.00	150m: 2:20.29	50.23	250m: 4:02.28	50.64	350m: 5:44.83	51.07	
100m: 1:30.06 48.06	200m: 3:11.64	51.35	300m: 4:53.76	51.48	400m: 6:32.60	47.77	

Classe S14-Seniores

1. RIBEIRO Pedro Miguel	91	S14		Gondomar	5:36.82	427	9,00
50m: 34.69 34.69	150m: 1:56.71	42.38	250m: 3:24.55	43.69	350m: 4:52.69	44.13	
100m: 1:14.33 39.64	200m: 2:40.86	44.15	300m: 4:08.56	44.01	400m: 5:36.82	44.13	

Classe S15 (Auditiva)-Seniores

1. CRUZ Miguel Duarte	99	S15	H	Belenenses	4:37.04	633	9,00
50m: 30.48 30.48	150m: 1:39.87	35.15	250m: 2:50.40	34.96	350m: 4:01.53	35.76	
100m: 1:04.72 34.24	200m: 2:15.44	35.57	300m: 3:25.77	35.37	400m: 4:37.04	35.51	

Prova 2, Masc., 400m Livres

Classe S16-Seniores

1. JORGE Andre Camara	90	S16	Escola O Liceu	5:18.51	9,00
<i>Rec Nac Classe S16</i>					
50m: 33.32	33.32	150m: 1:53.02	40.91	250m: 3:16.22	40.97
100m: 1:12.11	38.79	200m: 2:35.25	42.23	300m: 3:57.65	41.43
				350m: 4:39.57	41.92
				400m: 5:18.51	38.94

Classe S17-Seniores

1. BRANCO Miguel Paiva	97	S17	A APPDAlCoimbra	6:24.76	9,00
50m: 40.32	40.32	150m: 2:14.20	48.94	250m: 3:55.15	51.56
100m: 1:25.26	44.94	200m: 3:03.59	49.39	300m: 4:45.64	50.49
				350m: 5:38.04	52.40
				400m: 6:24.76	46.72
SILVA Bruno Miguel	93	S17	Porto	7:52.85	9,00
50m: 49.45	49.45	150m: 2:46.04	59.61	250m: 4:48.63	1:02.33
100m: 1:46.43	56.98	200m: 3:46.30	1:00.26	300m: 5:50.38	1:01.75
				350m: 6:52.55	1:02.17
				400m: 7:52.85	1:00.30

Classe S21 (SDown)-Seniores

1. ALMEIDA Andre Reis	00	S21	Sporting	6:16.61	9,00
50m: 36.43	36.43	150m: 2:10.67	49.22	250m: 3:49.55	48.75
100m: 1:21.45	45.02	200m: 3:00.80	50.13	300m: 4:41.02	51.47
				350m: 5:27.70	46.68
				400m: 6:16.61	48.91
RIBEIRO Jose Augusto	92	S21	Gondomar	6:28.20	9,00
50m: 40.94	40.94	150m: 2:17.52	49.97	250m: 3:57.03	49.48
100m: 1:27.55	46.61	200m: 3:07.55	50.03	300m: 4:47.56	50.53
				350m: 5:38.42	50.86
				400m: 6:28.20	49.78
MONTES Francisco Pessanha	02	S21	ADADA Porto	7:00.43	9,00
50m: 43.10	43.10	150m: 2:28.46	54.01	250m: 4:18.27	54.75
100m: 1:34.45	51.35	200m: 3:23.52	55.06	300m: 5:12.79	54.52
				350m: 6:07.40	54.61
				400m: 7:00.43	53.03
VICENTE Francisco Jose	99	S21	Sporting	7:12.74	9,00
50m: 42.75	42.75	150m: 2:28.09	55.22	250m: 4:18.75	56.93
100m: 1:32.87	50.12	200m: 3:21.82	53.73	300m: 5:15.27	56.52
				350m: 6:14.95	59.68
				400m: 7:12.74	57.79
PEREIRA Joel Alexandre	92	S21	APC Coimbra	8:03.02	9,00
50m: 50.64	50.64	150m: 2:55.95	1:04.62	250m: 5:00.13	1:02.13
100m: 1:51.33	1:00.69	200m: 3:58.00	1:02.05	300m: 6:02.99	1:02.86
				350m: 7:04.99	1:02.00
				400m: 8:03.02	58.03
GONCALVES Hugo Bernardo	96	S21	Porto	8:40.08	9,00
50m: 49.81	49.81	150m: 2:56.23	1:06.13	250m: 5:09.23	1:09.18
100m: 1:50.10	1:00.29	200m: 4:00.05	1:03.82	300m: 6:12.02	1:02.79
				350m: 7:35.72	1:23.70
				400m: 8:40.08	1:04.36
DSQ SANTOS Diogo Filipe	91	S21	Feira Viva		-
<i>3.1.6 - Falsa partida</i>					

Classe S110

1. ASSUNCAO Luis Miguel	01	S110	Porto	5:36.21	9,00
50m: 36.19	36.19	150m: 2:00.38	42.98	250m: 3:26.89	43.72
100m: 1:17.40	41.21	200m: 2:43.17	42.79	300m: 4:11.03	44.14
				350m: 4:54.89	43.86
				400m: 5:36.21	41.32
DNS MARQUES Filipe Alexandre	88	S110 12+	Individual ANL		-
EXH LUZ Filipe Ferreira	98		Geslours	4:28.25	-
50m: 30.12	30.12	150m: 1:37.23	33.90	250m: 2:46.13	34.48
100m: 1:03.33	33.21	200m: 2:11.65	34.42	300m: 3:20.98	34.85
				350m: 3:55.54	34.56
				400m: 4:28.25	32.71

Prova 2, Masc., 400m Livres

Lugar	Nome do nadador	Ano	Classe	Cod Exc	Clube	Tempo final	IPC	Pts
EXH	SANTOS Francisco Amaro	04			Geslours	4:40.09		-
	50m: 30.71 30.71	150m: 1:40.08	35.13	250m: 2:51.63	35.81	350m: 4:04.34	36.19	
	100m: 1:04.95 34.24	200m: 2:15.82	35.74	300m: 3:28.15	36.52	400m: 4:40.09	35.75	

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